



KAHS IN KAHSRUH KE ENENUH LALOS

Kom tiac enenuh in sifacna oruh ma se inge. Kahs in kahsrüh uh kuh in usot kahsrüh kom enenuh in kahsrüh mwet sahyac uh.

God El suli kom in oruh karihngihnyuck nuh sin sie mwet kuh sucu ke ward kuh pracns lom an fal nuh ke enenuh lalos uh. Kom ac konwacack fuhkah ma mwet ingacn enenuh uh? Ip yohk ke kahs in kahsrüh uh, suc nuhnkweyuck yohk ke Alu uh, pa ki.

Tukun sramsramkihn lah meac kuht nuhnkuh muh kahs in kahsrüh uh, kuht fah suk:

1. Sramsram nuh sin Pahpah Inkuhsrao.
2. Sramsram nuh sin mwet se ac sucu se srihsrngiyucki an.
3. Sramsram nuh sin partnucr lasr.
4. Ac oruh kahs in kahsrüh yurin mwet sahyac ma srihsrngiyucki nuh sin mwet sacn kuh sucu sacn pacna uh.

Sramsram nuh sin mwet kol lasr uh oacyacpac yohk srihpac. Lutiyacn Ip Yohk ke Karihngihnyuck ke ma sihmlac lun *Liahona* fah sukok kahs in kahsrüh kac an wi mwet kol ac oacyacpac ma kunac ke lutiyacn interfiu ke oreklac la an.

Meac Kuht Sramsramkihn uh

Kahlwem ke mwe enenuh uh yohk srihpac in luti sie sin sie. Tuhsruhkh fohrm fuhkah enenuh ingacn kuh in eis, na lah oasr ma se yohk liki enenuh ma kuht kuh in sokwack uh?

Ma enenuh uh tuhkuh ke atac puhkantwen. Elos ma kuht kuhlwcansuhpuh uh kuh in sun ma upac ma emtucng, elyah ke mani, mahno, lutlut, ac puhs sahyac. Kuhtuh enenuh uh ahlukhwelah yohk srihpac liki kuhtuh. Kuhtuh kuht kuh in ahkolah in kahsrüh; kuhtuh sahp enenuh kuht in pahng kahsrüh nuh kac in kahsrwekuht sifacna. Insacnweacng lasr in kahsrüh sun enenuh luhn ikoac, tiac muhlkuhnlah lah kunohkohn lasr in kuhlwcansap pa nuh ke kahsrüh mwet sahyac kihluckyak nuh ke inkacnek in olwelah, ahkolah nuh kac ac eis akwuck luhn pristut yohk srihpac nuh ke moull ma pahtpaht uh.

In weacng ma oasr ke kahs in kahsrüh ke enenuh luhn mwet se kuh sucu se, kuht enenuh in suk in eis

etwacack ke kuhiyaclos. Meac elos tiac enenuh kahsrüh kac uh? Meac mwe sang ac ma elos kuh in oruh ma kuh in ahkinsewowoye mwet sahyac uh? Elos arulacna fal in kahsrüh muhsahi tohkohsrahi luhn God uh fuhkah? Kuhiyacn mwet se kuh in yohk srihpac in kahlwem kac oacna ke enenuh la uh.

Sramsram nuh sin Pahpah tuhmasr Inkuhsrao

Sie ip yohk inmahsrön luhlalfongi lasr uh pa lah Pahpah tuhmasr Inkuhsrao El sramsram nuh sin tuhlihk Nahtuhl (liye Ip Yohk ke Luhlalfongi 1:9). Ke kuht eis kunohkohn sasuc se in karihngihn sie mwet, kuht enenuh in sramsram nuh sin Pahpah tuhmasr Inkuhsrao ke pruhe, sokwack kalmac ac kahlwem ke enenuh ac kuhiyaclos. Ohiyacn sramsram ke pruhe uh enenuh in tuhtahflah ne ke kunohkohn kuneyucki kuht kac uh.

Sramsram nuh sin Mwet Se ac Sucu

Fuhkah ac ke kuht ohsun sin mwet kuh suc se ke kuht pahng in kuhlwacnsap sahp siena fal nuh ke ma sikyak uh, tuhsruh k sramsram suwohswohs nuh sin mwet se kuh sucu se pa yohk srihpac in muhsaheack kuhpahsr ac kahlwem ke mwe enenuh lalos, weacng lah kahsrüh fuhkah elos enenuh kac. Kuhtuh kihsensiyuck uh sahp kuh in tuhpanyuck ne ke na oreklac kalmeyacn tuhkweni se. Ke wacngihn inkacnek fal se in orek kac, nuhnkuh ke ma inge:

- Sokwack lah fuhkah ac ngac elos sulwacnah in ohsun nuh selos uh.
- Lotwelah lah meac elos luhngse ac meac sikyak kwaclos.
- Oraclah mwe nuhnak lah kom ac kahsrwelos fuhkah, ac siyuck nuhnak lalos kac.

Ke kuht muhsahi luhlalfongi, nuhnkuh in sramsramkihn enenuh luhn mwet ac sucu se. Siyuck kihsensiyuck oacna ke ma Nguhn Muhtahl pihrihk uh.¹ Mwe srihkasrak se:

- Meac ma upac elos sun uh?
- Meac finsrak luhlaph luhn mwet se kuh sucu lalos? Srihkasrak se, kuh elos luhngse in oruh wo liki ke ahkfahsryeyacn ekuh luhn sucu lalos, kuh in woyak ke sifacna-liyacacng uh?
- Kuht ac kahsrwelos fuhkah ke finsrak ac ma upac lalos uh?
- Meac akwuck luhn wosasuc ma ac tuhkuh ke moul lalos uh? Kuht ac kahsrwelos in ahkolah fuhkah?

Esam in sang kahsrüh kahlwem, pa nuh ke, “Piyac fong kuht kuh in use sie mongo nuh yurum ke wik se inge uh?” Sie kahsrüh lohsr, oacna, “Lwelah kuht in etuh fin oasr kuhtwena ma kuht kuh in oruh,” tiac arlac kahsrüh.

Sramsram nuh sin Partnucr Lasr

Ke srihpen kom ac partnucr lom an sahp suhkwac tuhkweni ke kom ohsun sin sie mwet kuh sucu uh, yohk srihpac in akacsruhi ac tuhkweni sramsram ke kom suk kahlwem ekihn sie tuhkweni luhn mwet luo uh. Kuhtuh pa inge kihsensiyuck in nuhnkweyuck uh:

- Fuhkah ac fuhkah fususiycn pacl kom ac sramsram nuh sin sie sin sie ekihn mwet luo tuhkweni uh?
- Kowos ac orekmakihn fuhkah kuhiyowos sifacna in kahsrüh enenuh luhn sucu kuh se uh?
- Meac kom lotwelah, meac kuhtuh ma sikyak nuh sum, ac meac kuhtuh moklweyuck kom eis ke pacl sahflah se kom sramsramkihn sie mwet kuh sucu uh?

Sramsram nuh sin Mwet Sahyac Srihsrngiyucki uh

Ac kuh in wo pacl nuh ke pacl in sramsram nuh sin mwet sahyac suc srihsrngiyucki in kahsrüh mwet se ac sucu sac pacna ma kom oruh kahsrüh nuh se ah.

Sramsram in Ahkwoyelah Ma upac uh

Elder Chi Hong (Sam) Wong ke Mwet Itngucul sang pohloh kaks ke Mark 2 nuh ke lwen lasr in srolwacnah lah tuhkweni kahsrüh uh oraclah fuhkah in fihsrwacsr nuh sin mwet ahkosr ah in nuhnkuh lah mwet ul se kuh in ilyak fuhkah nuh ye muhtahl Jisus.

“Kuh in sikyak ange,” Elder Wong el fahk. “Mwet ahkosr ma oraclah ma se kunaclos sin pisap ah in muhtwacta, ke lohm sel ah, sie mukul ul mas tiac kuh in mukwikwi. . . . Ke sie tuhkweni luhn ward sasuc, tukun tuhkweni sramsramkihn enenuh luhn ward sac, pisap sac kihtacnah kunohkohn in ‘kahsrwelah uh’. Mwet ahkosr inge srihsrngiyucki in kahsrüh mukul se inge. . . .

“[Ke eltahl sun lohm se ma Jisus El oasr kac,] infuc-kihl sac nwacnwacnah na upac. Eltahl tiac kuh in utyak ut ke sruhngluhl ah. Nga muh eltahl srihke ma nuh kwewa eltahl kuh in nuhnkuh, tuh eltahl tiac na kuh in utyak. . . . Eltahl tuhkweni sramsram ke ma eltahl ac oruh tohkoh lah—eltahl ac usack fuhkah mukul sac nuh yohrohl Jisus Kraist in unweyucklac el. . . . Eltahl nuhnkweack plwacn se—tiac ma fihsrwacsr se, tuh elos oruh oacna.

“ . . . ‘Elos ikusla mangon lohm uh suwosna nu ke acn se Jisus el muta we: Na elos koela kilus se ma mwet ul sac oan fac.’ (Mark 2:4). . . .

“ . . . ‘Ke Jisus el liye lupan lulalfongi lalos, el fahk nu sin mwet ul sac, Wen, ma koluk lom nunak munas nu sum.’ (Mark 2:5).”²

Solsol nuh ke Mukwikwi

Elder Dieter F. Uchtdorf ke U luhn Mwet Sap Singucul Luo ngihstre, “Tuhkweni sramsram, orekmakihn kuhfa nuh kwewa ma oasr, suk kolyuck luhn Nguhn Muhtahl, siyuck sin Leum ke ahkkweyelah Lal ac na olwack poun fohrohk lom an ac som kuhlwacnsap.

“Nga usot nuh sum sie olwelah: fin kom ac ukwe pactuhn se, kom fah eis kolyuck kahlwem fal nuh ke *suc*, *meac*, *ngac*, ac *oyac* ma sang ke inkacnek luhn Leum.”³

Ma sihmlac ke “Lutiyacn Ip Yohk ke Karihngihnyuck” pa sang kahrwe kuht in etwacлах in elyah sin sie sin sie—tiac akacsruhi ekihn mwe sramsram ke pac in muhtwacta in kahrroh uh. Ke kuht ac etwacлах mwet suc kuht kuhlwacnsuhpuh uh, Nguhn Muhtahl fah moklwe kuht in etuh lah pweng fuhkah elos ac enenuh in weacng karihngihnyuck ac luhngse lasr uh.

KUH LUHN KAHS IN KAHSRUH

“Fin kom ke ahkyohkye ma se, kom enenuh in sramsramkih” Prestuhn M. Russell Ballard, Acting Prestuhn ke U luhn Mwet Sap Singucul Luo. “Ke kuh [oruh], kuht oraclah mwe luti yohk luhn nguhn suc ahkyohkye eklac kuh pihsrlac oacna ke ma sikyak ke tuhkweni orekma kuh akacsruhi, ma sikyak ke ma suc yohk liki sikyak luhn ip ke mwet se” (in R. Scott Lloyd, “Counseling with Councils Is Lord’s System, Elder Ballard Declares,” Jan. 11, 2017, news.lds.org; “Strength in Counsel,” *Ensign*, Nov. 1993, 77).

Muhsahiyacn kuhpahsr pa oacyacpac yohk srihpac ke ip luhn tuhkweni sramsram uh. Liye pac ma sihmlac ke Lutiyacn Ip Yohk ke Karihngihnyuck “Building Meaningful Relationships,” ke Ohkohs 2018 oreklac ke *Liahona*, ke sra puk ahk 6.

MWE KAHSRUH

1. Liye *Preach My Gospel: A Guide to Missionary Service* (2004), 183.
2. Chi Hong (Sam) Wong, “Rescue in Unity,” *Liahona*, Nov. 2014, 14–15.
3. Dieter F. Uchtdorf, “Providing in the Lord’s Way,” *Liahona*, Nov. 2011, 55.